

A b s t r a c t

Touring, telemark or cross-country ski binding (10) for securing a ski boot comprising a leg and a sole, having

- a front retaining element (12) associated with the front end of the sole,
- a rear retaining element (15) formed to engage on the foresole or on the heel of the ski boot, and
- a biasing device (19), effective between the front and rear retaining elements, by means of which the ski boot is clampable between the front and rear retaining elements in such a manner that the heel thereof is freely liftable.

The front retaining element (12) is pivotally mounted relative to the binding (10, 11) and the ski on the one hand, and relative to the rear retaining element (15) on the other hand, about an axis (13) which extends transversely to the longitudinal direction of the binding and sole and approximately parallel to the sole tread.